

THE GOOD SAMARITAN

"Called To Bring Peace"

Bede Polding College

Email address: BedePolding@parra.catholic.edu.au

Website address: www.bedepoldingwindsor.catholic.edu.au

Phone: 4560 2900 Fax: 4560 2999

Newsletter: 8th March 2019 Week 6 Term 1



CALENDAR

March

12th Staff Meeting 9:30am late start)

13th P&F Meeting 7:00pm

April

1st-5th Year 12 Retreat

3rd -5th Year 7 & 9 Camp

10th Stage 6 Parent Teacher
Interviews 3:30pm-8Pm

11th Cross Country

12th Lenten Liturgy

12th Term 1 Ends

PRINCIPAL'S DESK

Dear Parents, Guardians, Staff, Students and Friends of the College

Wednesday 6 March marked the beginning of Lent, a period of preparation leading up to the commemoration of Holy week and the celebration of Easter Sunday. Traditionally for Catholics, Lent is a period of sacrifice marked by fasting and giving up some aspects of our lives that we really enjoy.

We, as a College, celebrated Eucharist on Wednesday which was a wonderful celebration. Mr Rodricks-Testa and his team did an amazing job and we were blessed as the Mass was presided over by our Parish Priest Father Robert William. I would encourage you to speak with your child(ren) about the Mass. At the end of the Mass I said to the assembled community that my heart was singing. The sense of community, the prayerful engagement and the singing were nothing short of amazing. I wrote the following to all students in the school.

[Dear young women and men of the College,](#)

[I wanted to take the opportunity to thank you for your contribution yesterday in what was a wonderful celebration. It was extraordinary and speaks volumes of both the community to which we belong and the sensational young people that you are.](#)

[I want to thank you for all that you did to ensure it was a great success. Your reverence, sense of occasion and participation were deeply appreciated. As I said at the end of Mass each of you are unique, sacred and special.](#)

[Enjoy Thursday.](#)

[With thanks,](#)

[Mr Compton](#)

Principal

From the Principal's Desk continued

Academic Assembly

On Friday of last week we celebrated the High Achievers from the Class of 2018. Our College Dux, Kaleigh Tolson, delivered a speech which I have reproduced for you here. Kaleigh is an amazing young lady and her College is so very proud of her. We were delighted to also present all of the academic award winners from Semester Two 2018 and were joined by many parents. It was a wonderful celebration of achievement and speaks volumes of the culture at Bede Polding.



[**Click Here for
Kaleigh Toulson Dux Speech**](#)

Kaleigh Tolson

On the day, the College Medal was bestowed upon Katie Gurney. Katie too is an amazing young lady and a very deserving recipient of this most prestigious award.

[**Click Here for
Katie Gurney College Medal Speech**](#)



Katie
Gurney

The events that have played out over the last week have been shocking to say the least. There is no doubt the news brings with it a range of emotions to all associated with Catholic education. Offences against children are to be condemned. As the legal processes run their course I encourage each of you to be sustained by being the face of Christ to the people we encounter and to not lose faith in the wonderful, positive things that we do in His name. As a College we are committed to ensuring the safety of every child in our school. Our prayers are with victims and their families.

I have attached below a copy of the statement released by Bishop Vincent Long OFM Conv.

[**Click Here for Bishop Vincent Long Statement**](#)

Mr Compton
Principal

College Leadership Teams

~ Executive ~

Principal

Mr Mark Compton

Assistant Principals

Mr Rodney Howard / Harry Fernandez

Religious Education Coordinator

Mr Joshua Rodricks-Testa

Business Manager

Mr Paul Cruise

Administration Coordinator

Mr Paul Samoluk

Principals Assistant

Mrs Deanna Melbin / Mrs Lisa Casey

Diversity and Case Management Coordinator

Mrs Tracey Johnson

~ Curriculum Forum & Assistants ~

Creative Arts

Miss Angela Rando / Assistant: Mr Bradley Lee

English

Miss Angela McEneaney / Acting Assistant: Mrs Melina Jamhour

Human Society & Its Environment

Mr Paul Sykes / Assistant: Mr Brett Windon

Lote

Miss Kelly Bourke

Mathematics

Mrs Anni Brailey / Assistant: Mrs Despina Wealth

Religious Education

Mr Joshua Rodricks-Testa / Assistant: Mr Michael Aure

PDHPE

Mr Marc Sluiter / Assistant: Liam Campbell

Post Compulsory & Careers

Mr Brett Collimore

Science

Mr David Rowswell / Assistant: Mr Steve Lans

Learning Technologies Coordinator

Mr Matthew Kneller

Diversity Case Management

Mrs Tracey Johnson / Assistant: Jessica Camilleri

Sports Coordinator

Mr Dean Bertenshaw

Technology & Applied Studies

Mr Edward Gruppetta / Mrs Lisa Cummins

Year Coordinators:

Year 7 Mr Jeremy Tuano

Year 8 Mr Matthew Marshall

Year 9 Mr Craig Adams

Year 10 Mrs Janette Wick

Senior Coordinator Mr Nicholas Briffa

Home-School Liaison Coordinator

Miss Jenny Woods

Student Counsellors

Ms Debbie Robinson & Ms Kathryn Rogers

Librarian

Mrs Kerrie Brownscombe



Sacha Street
Outstanding
achievement in Higher
School Certificate 2018

Academic Assembly



Learning & Teaching Report

Rodney Howard Assistant Principal Learning & Teaching



lakemurraycommunitychurch.org

Last week we held our Academic Assembly to recognise our high achievers from the 2018 Higher School Certificate and semester 2 reports.

Our dux, Kaleigh Tolson, who achieved an ATAR of 96.55, in her address to the College told the students that “you are key to your own success you are the driver and all anyone else can do is help navigate”. She offered advice telling the students to “find your release ... that helps you destress ... refocus ... relax” and “ ... never panic” and finally “do the absolute best you can, but don’t limit yourself to numbers”. Great advice for all our students to take responsibility for their own learning and to aim to achieve their personal best whatever that might be.

We also recognised and congratulated our other high achievers from the 2018 Higher School Certificate and presented each with a certificate acknowledging their achievements. These students were Jasmine Apap, Katherine Gurney, Georgia Hicks, Olivia Holt, Jordan Lyon, Sacha Street. We congratulate all our 2018 Higher School Certificate students on their achievements.

Katie Gurney was also presented with the College Medal, only the 4th student to achieve this award. To achieve this Katie received 2 Principal Awards and did 100 hours of community service at Bligh Park Pet Health Clinic, Hawkesbury Helping Hands, Nova Employment Arts fund by dancing at Don’t Dis Disability Dance Extravaganza, and here at the College by helping at public speaking and debating events and peer mentoring our students. In her speech Katie told the students “it is through this program I felt empowered to assist others not through money, but something even more valuable...time.”

Another 105 students from Year 8 - 11 were presented with certificates to recognise their achievements on their Semester 2 reports either for their management of learning (students have achieved all A’s for resources, time, behaviour, responsibility and participation in the majority of their subjects), improvement in their grades on the reports (students who have made significant improvement in their report grades from the previous semester) or excellence academic achievement (students who have achieved the greatest number of A’s for overall achievement on their reports). We congratulate all these students on their achievements.

On Friday 22nd of February 2019, St Matthew's hosted the Hawkesbury Region Beginning of Year Mass for all SRE (Special Religious Education) Teachers in the region. SRE is sometimes more commonly known as Scripture Teachers or Catechists.

At Bede Polding College, we are delighted to have 40 Year 10 students volunteer to be SRE Teachers this year. They will be teaching at Windsor Park Public School on their rostered Tuesday afternoon in groups of 3 approximately 2-3 times a semester.

Bede Polding Staff and SRE Year 10 Teachers in front of the John Bede Polding stained glass window at

St Matthew's Catholic Church, Windsor.

The Mass was celebrated by Fr Robert and Fr Gayan and we had the following Year 10 students represent our college: Charbel Andonian, Adele Dagher, Nancey El Hendy, Marina Fenech, Nyree Kennedy, Mary Touma, Chloe Tyrrell and Joel Zahra. We would also like to thank the parents of those students who attended or arranged for their transport.

We were also very privileged to have the following Bede Polding Staff come along and support us: Mr Compton, Mr Howard, Mr Rodricks-Testa and Ms Grosvenor.



The Mass was a wonderful way to become spiritually nourished as our Year 10 students begin their special ministry of evangelising to Kindergarten, Year 1 and Year 2 students at Windsor Park Public School.

I would like to express my gratitude to all the 40 students who have volunteered to be SRE Teachers this year and in particular, the students who were able to attend the Mass. I would also like to thank their parents for their support.

Throughout the year, we also have parent volunteers drive the SRE Teachers to Windsor Park Public School and I would like to take this opportunity to thank and acknowledge them: Elba Gomez, Mary Pirovic, Bernadette Sciberras, Maryanne Sultana, Raeleen Watts and Teresa Zahra. If you are available from 1:30pm to 2:45pm on Tuesdays and would also like to volunteer, please email me on maure@parra.catholic.edu.au

Michael Aure
SRE Bede Polding College Facilitator

We have had a number of issues around students catching buses to and from school and I attach a letter from the Bus Company outlining some important points. I ask that you please take careful note of the contents of this letter and for your support in ensuring that your children comply with what they are requesting. The correct use of the Opal card is crucial to the Bus company in providing the College with adequate bus service.

Thanking you.
Harry Fernandez

providing quality public transport



Busways Group Pty Ltd
5 Bridge St, Pymble NSW 2073
www.busways.com.au

Does your child catch a school bus? Help them keep it!

As the bus operator that providing your child's school bus services, we're asking for your help getting your child to use their Opal card on every bus trip.

Since the introduction of the School Opal card in 2016, school bus patronage data has significantly dropped. This is not reflected in the number of students actually travelling on our buses for various reasons a large number of students are consistently not using their Opal cards as they should be.

Opal data gathered by tapping on and off is used by transport planners and service schedulers to design the bus network that best serves the community utilising the resources available.

If students don't tap on and off then school bus services will appear underutilised and may be considered for cancellation based on low passenger numbers.

Please help us reinforce the message that tapping on and off every bus journey with an Opal card is essential to travel on the bus. This will ensure school services continue to be planned for the students that use it, providing the journey to school your children depend on.

To help us achieve this, please talk with your child:

- Ask them if they tap on and off the bus with their Opal card.
- If they do, congratulate them for doing the right thing and talk about why it's important.
- If they sometimes don't or never do, ask them why.
 - Are they confused about why they have to? Talk about why it's important, and that every tap tells the bus planners that the bus is needed.
 - Do they forget? Help them find a way to remember, such as getting into the habit of getting their Opal card out as soon as they arrive at the bus stop or bus line.
 - Is their Opal card at the bottom of their bag? Help find a handier place to keep it.
 - Are they influenced by friends or peers that don't tap? Talk about how they like to travel on the bus with their friends and how tapping is what keeps the service running.
 - Have they lost their Opal card? To order a new Opal card visit www.opal.com.au.

If there's another reason that you'd like to discuss with Busways, please contact us at info@busways.com.au. We are happy to listen and do what we can to help your child feel comfortable using their Opal card.

Thank you for helping us to best serve your school community.

Busways Blacktown P/L ABN 86 000 173 437	Busways Blacktown P/L Penrith Depot	Busways Blacktown P/L Windsor Depot	Busways Gosford P/L ABN 79 817 812 619	Busways Wyong P/L ABN 17 000 044 726	Busways North Coast P/L ABN 75 106 202 340
T (02) 9625 8900 F (02) 9625 4703 150 Glendenning Rd Glendenning NSW 2761	T (02) 4721 9900 F (02) 4732 6160 47-53 Mullins Rd Penrith NSW 2750	T (02) 4574 9200 F (02) 4577 9054 91 Mulgrave Rd Mulgrave NSW 2756	T (02) 4368 2277 F (02) 4368 2077 42 Empire Bay Dr Kincumber NSW 2251	T (02) 4392 6666 F (02) 4392 5831 9 Arizona Rd Woongarah NSW 2259	T (02) 6583 2499 F (02) 6583 2388 6-8 Denham St Port Macquarie NSW 2444

Parent Bulletin

It has been a busy start to the year at Bede Polding College. Here are some of the events that we have participated in over the last few weeks.

SWAG – Thursday 21st February

SWAG (Students Walking Alongside God), our College youth group continues to grow. Our first session for 2019 took place on Thursday in Week 4. The theme was 'In the DESERT' and focused on the temptations Jesus experienced in the desert, for forty days before his ministry began. Mr Lazaroo and the SWAG leaders successfully led the session with approximately 50 students in Years 7-10 who participated in the minute to win it style challenges and small group discussions.

Fr Rob Galea Concert – Friday 22nd February

On Friday evening in Week 4, Mrs Judson met with three of our senior students at the Fr Rob Galea concert held in Evan Theatre, Penrith Panthers. Below is a review from our three students Thea Brailey Mar Cavaleri and Kayla Gatt who attended:

On the 22nd of February, we were lucky enough to attend Lifted Live, which featured Fr Rob Galea and a number of other guests. Some of us had attended youth groups before but Lifted Live was definitely a whole new experience. It was an intensely inspirational evening, filled with excitement and an overwhelming respect for the Christian faith. It was interesting to see a large community of individuals around the local area who were so involved and passionate about Christ. The event was extremely well organised and welcoming. It was definitely a little nerve wrecking walking into the room as we didn't really know anyone there but this fear was quickly washed away when the music began to play. We all came down from our chairs and joined in a 'mosh pit', dancing and singing along to the musicians on stage. You could definitely feel a sense of community and joy that hung in the air.

One of the most memorable moments of Lifted Live was when we recognised one of the songs "I'm Trading My Sorrows" and were able to use the proper actions because our teacher had taught us previously. Although we were not as familiar with the songs as the other schools were, we felt comfortable enough to join in and recognise Christ through song.

There was even a section of the night dedicated to two individuals who had attended the Australian Catholic Youth Festival in 2018. It was really interesting to hear their experiences at the event. Overall, we thoroughly enjoyed Lifted Live and would love to attend more events like this. We also highly recommend researching Fr Rob Galea and listening to his music.



Shrove Tuesday – Tuesday 5th March

On Tuesday in Week 6, Miss Arenelli and Miss Wall organised pancakes to be sold at recess. Shrove Tuesday takes place before Ash Wednesday, and traditionally Catholics would go to confession in preparation for Lent on this day. They would then use up their eggs, sugar and dairy, which were traditionally given up for their Lenten fast. This is how the tradition of eating pancakes on Shrove Tuesday began. The money raised will be donated to the Caritas Lenten Appeal.



Ash Wednesday Mass – Wednesday 6th March

I am very excited to announce that we have successfully celebrated our first whole school mass on Ash Wednesday. Fr Robert from Windsor Parish celebrated the mass. The students and staff received ashes on their forehead, which remind us of the Genesis story, which says, ***“God formed man and woman out of the dust of the ground and breathed into them the breath of life, and they became living beings”*** (Gn 2:7). Our bodies are made from dust, and will return to dust when we die. The ashes are a symbol of this passing world but also a reminder of our eventual death. However, as we enter the season of Lent, we keep in mind the Easter story that brings us the hope of new life. Celebrating the Eucharist together was a wonderful reminder of the sacrifice of Jesus and his love for us. This was a beautiful celebration and we look forward to celebrating more school masses together as one community in Christ Jesus.



By Mr Rodricks-Testa



**Ash
Wednesday
6.3.19**





News from the TAS department

Mrs Blundell & Mrs Butler's year 8DATB Paddock to Plate students started the term with a simple fruit kebab served with honey yoghurt. They are honing their skills in safety, hygiene, preparation and presentation while preparing something nutritious and garnishing with Parsley from our very own herb garden.



News from the TAS Department

Food Technology and Hospitality students joined forces to celebrate and sell pancakes for Shrove Tuesday, it was a sell out.



News from the TAS Department

Year 11 Textiles and Design students are learning about the art of fabric manipulation through the creation of a journal cover.



News from the TAS Department

All students participating in Textiles in year 7 and 8 Technology have designed and created a tie dye shirt to support their houses at the swimming carnival



News from the TAS Department

The use of Mobile learning devices is an exciting addition to the learning in TAS with students creating their own company websites.



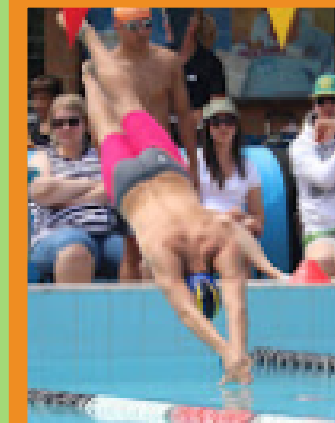
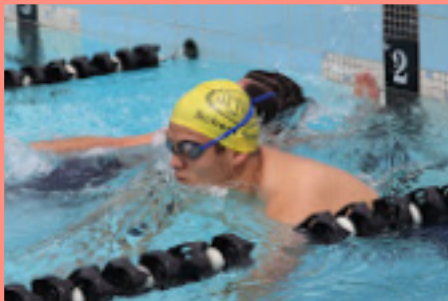
News from the TAS department

YEAR 8 - METAL AND GRAPHICS UNIT



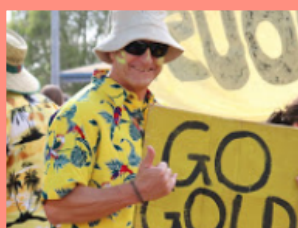
Year 8 Graphics and Metal students have been developing their skills in the development of a key tag made of aluminium. Throughout the course of this semester, the students will also further develop their drawing skills and techniques.





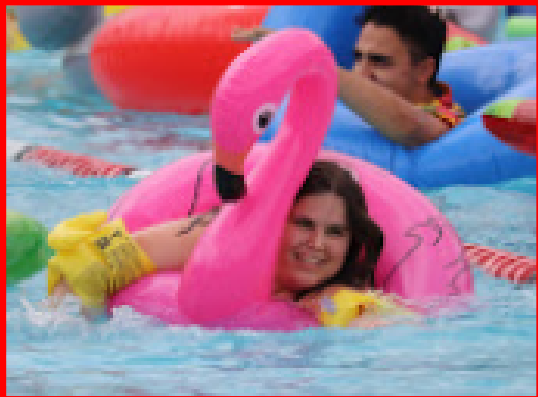
Swimming Carnival 22nd February 2019



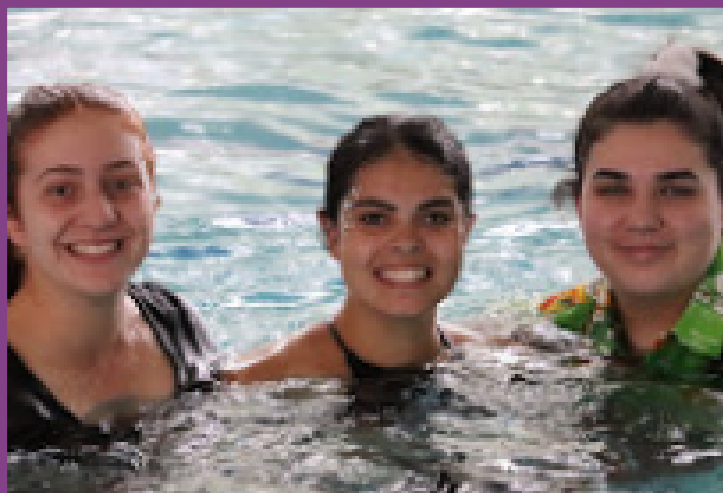


**Swimming
Carnival**





SWIMMING CARNIVAL



ATTENTION: Parents of Year 7 and 8 students

If you think anxiety is significantly interfering in your son or daughter's life, you might want to consider their participation in the **ProACTIVE** group.

Debbie Robinson, School Counsellor, at Bede Polding College is planning to run a ProACTIVE group for 6 to 8 interested Year 7 and 8 students during Term 2.

The program will run over 8 weeks and is a mindfulness and acceptance based treatment (acceptance and commitment therapy, or ACT) that is designed to teach children and young people various skills to learn how to deal with anxiety. This psychological treatment has already been researched in a clinic at the Children's Hospital, Westmead and found to be an effective treatment for children and young people with anxiety. However, please note that the program at Bede has been condensed to maximise efficiency in the school setting.

The one-hour sessions will be run on a rotational basis on Wednesdays to minimize disruption to any one subject. Students will be expected to catch up on any work missed.

The program provides the opportunity for students to:

- learn and practice new ways of dealing with anxious thoughts, feelings and sensations.(e.g. mindfulness, acceptance, exposure therapy, distancing from thoughts/feelings/sensations)
- be assisted in managing their anxiety in such a way as they can get on with doing what's important and things they enjoy (i.e. leading a richer, full and meaningful life).
- learn skills such as how to be assertive (i.e express your thoughts and feelings in ways which respects them and other people)
- learn how to solve problems.

If you have any questions or think your son or daughter might benefit from this program, please contact Debbie at the College via email drobinscn@parra.catholic.edu.au or phone call 02 45 60 2900.

Visual Arts -Artist in Residence - Johnny Romeo



In 2019 Bede Polding College will be participating in the Artist in Residence Program, with our Year 8 and 12 students working with artist Johnny Romeo.

Johnny Romeo is an internationally acclaimed Australian painter. Considered Australia's foremost Pop artist, he is leading the global charge of Neo-Expressionist Pop art with his exhilaratingly colourful collision of rock'n'roll swagger, comic book aesthetics, Neo-Expressionism and street art.

On Wednesday 27th February Johnny met with Year 10, 11 and 12 Visual Art students to discuss his art making practice, followed by a mentoring session with Year 12 students to assist with the development of their Body of Work for the HSC Course.

Johnny will continue to mentor Year 12 throughout the year, as well as work with our Year 8 students in Terms 2 and 4.

Johnny kindly gifted a signed print to one student who discovered a hidden sticker under her chair. Congratulations to Sophie-Anne Bennett who has now started her own art collection!

[Click here to Google Images](#)

Visual Arts -Artist in Residence - Johnny Romeo



SEEKING WORKPLACE MENTORS

Would you like to give something back to your community?

Catholic Education Diocese of Parramatta's Post School Options Team is looking for suitable employers who can offer work experience and one-on-one mentoring in the workplace for secondary students. We are seeking people employed in a variety of businesses who would like to give something back to their community and join this valuable and worthwhile program, on a voluntary basis.

The workplace hosts the student in the workplace for one day per week over a period of either 10 weeks for Work Experience or 20 weeks for our Mentoring Program. All mentors are provided with the opportunity to attend mentor training and receive a TAFE Statement of Training in 'Mentoring in the Community' for their participation.

Employers can be from any industry, however this year we are looking for the following workplaces: Plumbing (multiple), Carpentry (multiple), Sports Coaching, Building, Transport Office, Childcare, Metalwork, and Surveying.

Please consider this call for assistance so that this program can continue to supply a valuable service to students in our Catholic communities including the students of Bede Polding.

Please contact Margaret Dawson – Workplace Trainer on 0429 660420.
mdawson2@parra.catholic.edu.au

2019 SCHOOL FEES

**2019 School Fee Statements are expected to be delivered this week and we
sincerely apologise for the extended delay.**

Parents & Friends' Association

*A very warm welcome to Bede
Polding College for 2019 from
the Parents & Friends'.*

*You are cordially invited to
attend our first P. & F.
Meeting this year on
Wednesday 13 March 7pm*

*Come along and meet our new
Principal, Mark Compton*

Drinks & nibbles provided

Brett Edwards (President)

*For catering purposes please email RSVP
bedepolding@parra.catholic.edu.au by 12 March*

BPC Ensembles are now recruiting.



College Choir



Concert Band



College Band



Jazz Band

**To join, simply complete and return a permission slip (get one
from a Music Teacher)**

**50% off
beginner
instrument
lessons**

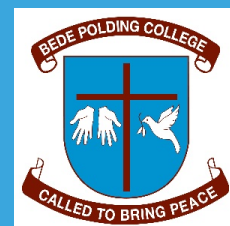


**Book your instrument lesson at the
Student Foyer or see a Music Teacher**

*Conditions apply



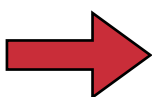
LEARNING DEVICE POLICY 2019



As outlined in the [Letter to Parents](#) that was distributed Friday Week 9 Term 3, iPhones (or any other mobile phone) cannot be used as learning devices in 2019.

It will be an expectation from the start of 2019 that **all students in Year 7 to Year 12** will need to bring one of the following as their learning device

- Windows Laptop,
- Apple Macbook,
- Google Chromebook
- **Please Note** - students with existing **iPads** can continue to use these but new iPads should not be purchased as a learning device, as they are still often used inappropriately and limit the development of students typing and information technology skills



[Click Here](#) for specific device requirements and preferred suppliers.

[Click Here](#) for the Letter to Parents

[Click Here](#) for the Device Requirements Checklist





School Opal Cards for bus travel

Busways has been conducting checks at your school regarding Opal card usage.

Your child did not have an Opal card today when travelling on the school bus.

Opal data gathered by tapping on and off is used to determine demand for bus services. If students don't tap on and tap off then school bus services will appear underutilised and may be considered for cancellation based on low passenger numbers.


Please ensure that your child has a valid Opal card (either a School or Child/Youth Opal card) and taps on and off when travelling to and from school.

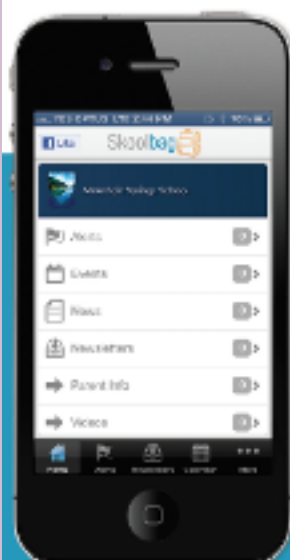
For more information and to apply for a School Opal card call 131 500 or apply online at www.opal.com.au/en/about-opal/opal-for-school-students/.

For other enquiries, our customer service team is happy to help. Call 9497 1878 (Monday to Friday 7am-5.30pm) or email info@busways.com.au.

www.busways.com.au



Bede Polding Uniform Price List					
Junior Girls			Senior Girls		
Summer			Summer		
Summer Dress	\$60.00		Navy Blue Skirt	\$60.00	
Sky Anklets	\$ 6.00		Short Sleeve Blouse	\$35.00	
Winter			Winter		
Junior Girls Blazer	\$150.00		Senior Girls Blazer	\$150.00	
Winter Skirt	\$ 51.00		Navy Scarf	\$15.00	
Short Sleeve Shirt	\$ 27.00		Navy Stockings	\$ 8.00	
Maroon Tie	\$ 15.00		White Anklets	\$ 6.00	
Black Stockings	\$ 8.00				
Junior Boys			Senior Boys		
Summer			Summer		
Short Sleeve Shirt	\$27.00		Striped Shirt	\$35.00	
Navy Shorts	\$40.00		Navy Shorts	\$40.00	
Navy Trousers	\$46.00		Navy Trousers	\$46.00	
Navy Socks	\$ 6.00		Navy Socks	\$ 6.00	
Winter			Winter		
College Blazer	\$150.00		College Blazer	\$150.00	
Navy Striped Tie	\$ 15.00		Navy Tie	\$ 15.00	
Junior Unisex			Senior Unisex		
Maroon Jumper	10-16	\$66.00	Navy Jumper	10-16	\$66.00
	18-22	\$70.00		18-22	\$70.00
	24-26	\$77.00		24-26	\$77.00
	28-30	\$84.00		28-30	\$84.00
Sports Uniform			Accessories		
College Polo	\$40.00		School Bag	\$70.00	
College Shorts	\$30.00		Belt (Black)	\$13.00	
Sports Cap	\$13.00		Aprons	\$10.00	
Sports Socks	\$ 8.00		Safety Goggles	\$ 6.00	
Tracksuit Top	\$75.00		Drawstring Bag	\$ 5.00	
Tracksuit Pants	\$45.00		Navy Umbrella	\$12.00	
			Calculator	\$26.00	
			Cooking Hat	\$ 5.00	
			Year 7 Book Pack	\$40.00	
			Year 8 Book Pack	\$40.00	
			Maroon Gloves	\$ 5.00	
			A4 Art Diary	\$ 8.00	
			11x14 Art Diary	\$12.00	
			A4 Visual Journal	\$14.00	
			2 Piece Brush Set	\$ 8.00	
			Year 9 Art Pack	\$40.00	
Terms of Trade: Cash, cheque, Mastercard, Visa and EFTPOS accepted.					



Skoolbag

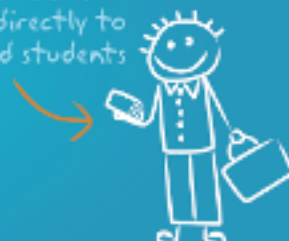


Smartphone school to parent communication

Skoolbag is a mobile App for your school to communicate directly to both parents and students. It works through both smart phones and smart devices (such as iPads and Android Tablets). Ideal for:

- > School, free push notification alerts
- > School events
- > School newsletters
- > School documents
- > School RSS feeds
- > School social media (Facebook, Twitter)

Skoolbag delivers school notices directly to parents and students



How To Install Skoolbag On Your Smartphone

iPhone & iPad Users

1. Click the "App Store" icon on your Apple device.
2. Type your school name in the search, using suburb name will help.
3. If iPhone, you will see your school appear, click "Free" then "install".
4. If iPad, change the drop list to "iPhone Apps", your school will then be visible, click "Free" then "install".
5. When installed click "Open"
6. Select "OK" to receive push notifications, when asked.
7. Click the "More" button on the bottom right of the App, then "Setup".
8. Toggle on the Push Categories that are applicable for you.




Android Users

You must first have signed up with a Google Account before installing the app.

1. Click the "Play Store" button on your Android Device
2. Click the magnifying glass icon at the top and type in your school name, using suburb name will help.
3. Click the school name when it appears in the search.
4. Click the "Install" button.
5. Click "Accept" for various permissions (please note, we do not modify any of your personal data on your device).
6. Click "Open" when installed.
7. Click the "More" button on the bottom right of the App, then "Setup".
8. Toggle on the Push Categories that are applicable for you.



Google play

Don't forget to like us on Facebook! 

Find out more at www.skoolbag.com.au

Skoolbag delivers school notices directly to parents and students





BEDE POLDING COLLEGE CANTEEN MENU



BREAKFAST

EVERYDAY

WHOLE FRUIT PIECES	From	\$1.0
YOGHURT	Various	\$2.0
WATERMELON SALAD	Large	\$4.0
FRUIT SALAD	Fresh Seasonal Fruit Large	\$4.2
MUFFINS & BANANA BREAD	Assorted	\$3.0
TOASTED SANDWICH CO., TOMATO & HOT FOOD		
EGG & CHEESE ROLL	With Sauce	\$3.0
BACON ROLL	With Sauce	\$3.5
EGG & BACON ROLL	With Sauce	\$3.8
CHEESE WRAP		\$2.5
HAM, CHEESE & TOMATO SANDWICH		\$3.0

BREAKFAST BEFORE 9AM

\$5.50

On Campus One
PAST SALAD
WATERMELON SALAD
MILK 300ML
FROM 1000L



CHOOSE ONE
ITEM FROM THE
BREAKFAST SECTION
(SALAD OR FRUIT PIECES)



CHOOSE ONE
HARD-BELOW
FRUIT PIECE
CHOOSE ONE
WATER 300ML
MILK 300ML



FRESH SALADS

EVERYDAY

WATERMELON SALAD	Watermelon, Cucumber	\$4.0
FRUIT SALAD	Watermelon, Pineapple, Gel, Orange, Grapes, Kiwi	\$4.2
GARDEN LETTUCE	Tomato, Cress, Cucumber, Red Onion, Lemon Dressing	\$4.5
SWEET CHILLI CHICKEN	Chicken, Lettuce, Tomato, Cress, Gel, 1 Veg	\$6.0
CHICKEN CABBAGE	Chicken, Lettuce, Tomato, Cress, Gel, 1 Veg	\$6.6
GRAND GARDEN	Avocado, Feta, Cucumber, Gel, 1 Veg	\$5.2
SUMMER CHICKEN	Chicken, Lettuce, Tomato, Cress, Gel, 1 Veg	\$5.5
AVOCADO CHICKEN	Chicken, Lettuce, Tomato, Cress, Gel, 1 Veg	\$5.5
GOURMET YOUR WAY	Choose your meat & sauce + 1 veg choice	\$5.5
TUESDAY & WEDNESDAY		
CHICKEN PASTA	Chicken, Lettuce, Tomato, Cress, Gel, 1 Veg	\$4.5
ROAST PUMPKIN, BEETROOT & FETTA	Mixed Lettuce, Red Onions	\$5.5
VIETNAMESE NOODLES	Chicken, Cucumber, Cress, Gel, 1 Veg	\$5.5

WRAPS

EVERYDAY

SALAD	Lettuce, Tomato, Cucumber, Cress, Gel, 1 Veg	\$4.3
CHICKEN	Chicken, Lettuce, Tomato, Cress, Gel, 1 Veg	\$4.8
SWEET CHILLI CHICKEN	Chicken, Lettuce, Tomato, Cress, Gel, 1 Veg	\$4.8
HAM SALAD	Ham, Lettuce, Tomato, Cress, Gel, 1 Veg	\$4.8
CHICKEN CABBAGE	Chicken, Lettuce, Tomato, Cress, Gel, 1 Veg	\$5.5
AVOCADO SALAD	Avocado, Lettuce, Tomato, Cress, Gel, 1 Veg	\$5.0
ROAST BEEF SALAD	Roast Beef, Lettuce, Tomato, Cress, Gel, 1 Veg	\$5.0
CHICKEN, AVOCADO & SALAD	Chicken, Lettuce, Tomato, Cress, Gel, 1 Veg	\$5.5

WEDNESDAY

CRUNCHY BREAD ROLLS REPLACE WRAPS ON WEDNESDAY
* THE CRESS AND TOMATO WRAP IS ONLY AVAILABLE ON WEDNESDAY

SANDWICHES

EVERYDAY

EGG & LETTUCE	\$ 3.6
SALAD - Lettuce, Tomato, Cucumber, Cress, Beetroot, Red Onion	\$ 3.8
CHICKEN, LETTUCE & MAYO - Chicken/Breast	\$ 3.8
HAM, CHEESE & TOMATO - Ham/Breast	\$ 3.8
CHICKEN, CHEESE & TOMATO - Chicken/Breast	\$ 3.8
HAM SALAD - Ham/Breast, Salad	\$ 4.0
SWEET CHILLI CHICKEN, LETTUCE & MAYO - Chicken	\$ 4.0
FIFTY FIFTY - Half Of Two Different Types Of Sandwiches	\$ 4.0
B.L.T. - Bacon, Lettuce, Tomato + 1 Veg Option	\$ 4.0
TUNA - Tuna, Mayo/Cucumber + 1 Veg Option	\$ 4.0
ROAST BEEF SALAD - Roast Beef + 1 Veg Option	\$ 4.0

CRUNCHY ROLLS

WEDNESDAY

SALAD	Lettuce, Tomato, Cucumber, Cress, Gel, 1 Veg	\$4.5
PULLING BEEF	Beef, Lettuce, Tomato, Cress, Gel, 1 Veg	\$5.0
EGG & LETTUCE	Egg, Lettuce, Tomato, Cress, Gel, 1 Veg	\$4.0
AVOCADO SALAD	Avocado, Lettuce, Tomato, Cress, Gel, 1 Veg	\$5.0
CHICKEN SALAD	Chicken, Lettuce, Tomato, Cress, Gel, 1 Veg	\$5.0
CHICKEN SCHNITZEL	Chicken, Lettuce, Tomato, Cress, Gel, 1 Veg	\$5.0
HOT N SPICY CHICKEN	Spicy Chicken, Lettuce, Tomato, Cress, Gel, 1 Veg	\$5.0
HAM & SALAD	Ham, Lettuce, Tomato, Cress, Gel, 1 Veg	\$5.0
ROAST BEEF SALAD	Roast Beef, Lettuce, Tomato, Cress, Gel, 1 Veg	\$5.0
SWEET CHILLI CHICKEN	Sweet Chilli Chicken, Lettuce, Tomato, Cress, Gel, 1 Veg	\$5.0
CHICKEN, LETTUCE & MAYO	Chicken, Lettuce, Tomato, Cress, Gel, 1 Veg	\$5.0



\$5

EVERYDAY SANDWICH DEAL

CHOOSE ANY \$3.60 SANDWICH
AND WATER 300ML

\$5.50 IF YOU CHOOSE A \$4 SANDWICH



PIZZA

MONDAY

CHEESE	Cheese & Sauce	\$3.8
PEPPERONI	Cheese, Pepperoni & Sauce	\$4.0
BBQ CHICKEN	Chicken, Cheese, BBQ Sauce	\$4.5
VEGETARIAN	Vegetables, Cheese, BBQ Sauce	\$4.0

SUBS

TUESDAY

SWEET CHILLI CHICKEN	Chicken, Lettuce, Tomato, Cress, Gel, 1 Veg	\$3.8
CHICKEN & GRUYERE	Chicken, Lettuce, Tomato, Cress, Gel, 1 Veg	\$3.8
MEATBALLS	Meatballs, Lettuce, Tomato, Cress, Gel, 1 Veg	\$4.0

RICE PAPER ROLLS

WEDNESDAY

CHICKEN	Chicken, Lettuce, Tomato, Cress, Gel, 1 Veg	\$4.0
SWEET CHILLI	Chicken, Lettuce, Tomato, Cress, Gel, 1 Veg	\$4.0
TUNA	Tuna, Lettuce, Tomato, Cress, Gel, 1 Veg	\$4.0
VEGETARIAN	Vegetables, Lettuce, Tomato, Cress, Gel, 1 Veg	\$4.0

HOT BITES

HOT BITES	
Subway	
SPICY CHICKEN WINGS	\$1.25
GARLIC BREAD	\$2.00
POTATO WINGS	\$3.00
CUP OF NOODLES Tom/Carb Chicken Beef Vegetable	\$3.00
SUBS	\$3.00
MEAT PIE	\$3.80
CHICKEN & SPINACH ROLL	\$4.00
POTATO PIE	\$4.20

TUESDAY & WEDNESDAY

SWEET CHILLI CHICKEN TENDERS	or 3 skewers	\$1.7
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THURSDAY & FRIDAY

CHICKEN NOODLES x3	with vegetable	\$3.0
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BURGERS

CHICKENBURGER	With Cheese, Tomato Sauce	\$4.8
AVOCADO BEEF	Lettuce, Tomato, Avocado, BBQ Sauce	\$4.8
CHICKEN	With Cheese, Tomato Sauce	\$4.0
HOT N SPICY CHICKEN	Spicy Chicken, Lettuce, Tomato, Cress, Gel, 1 Veg	\$4.0
SWEET CHILLI	Chicken, Lettuce, Tomato, Cress, Gel, 1 Veg	\$4.0
BACON, BACON & CHEESE	With Cheese	\$5.4
PIZZA	With Cheese	\$4.8
CHICKEN CABBAGE	With Cheese, Bacon, Lettuce, Cress, Gel, 1 Veg	\$5.4

SNACK PACKS & KEBABS

EVERYDAY		
SPICY CHICKEN WINGS & WINGS	Various	\$6.8
MONDAY & TUESDAY		
CHICKEN SCHNITZEL SNACK PACK	With Cheese, Gel, 1 Veg	\$6.0
THURSDAY & FRIDAY		
CHICKEN SNACK PACK	Chicken, Lettuce, Tomato, Cress, Gel, 1 Veg	\$6.8
CHICKEN KEBAB	Chicken, Lettuce, Tomato, Cress, Gel, 1 Veg	\$6.0
FRIDAY		
PIZZA SNACK PACK	With Cheese, Gel, 1 Veg	\$6.0

PASTA - RICE - NOODLES

EVERYDAY		
CHICKEN CHICKEN PASTA	Small \$3.0 Large \$4.8	\$4.8
BUTTER CHICKEN	With Cheese, Gel, 1 Veg	\$6.2
MONDAY		
LASAGNA	Homemade Beef Sauce	Large \$5.8
TUESDAY		
Bolognese PASTA	Homemade Beef Sauce	Small \$3.0 Large \$4.8
LASAGNA	Homemade Beef Sauce	Large \$6.8
WEDNESDAY		
MACARONI & CHEESE		Large \$4.8
Bolognese PASTA	Homemade Beef Sauce	Small \$3.0 Large \$4.8
THURSDAY		
PUMPKIN OF THE WORLD	With Cheese, Gel, 1 Veg	\$6.0
FRIDAY		
Bolognese PASTA	Homemade Beef Sauce	Small \$3.0 Large \$4.8
PUMPKIN OF THE WORLD	With Cheese, Gel, 1 Veg	\$6.0

MEXICAN

BEF NACHOS	Beef, Cheese, Cress, Gel, 1 Veg	\$5.8
VEGETARIAN NACHOS	Vegetables, Cheese, Cress, Gel, 1 Veg	\$5.8

TOASTED WRAPS

CHICKEN & CHEESE	With Cheese	\$4.8
SWEET CHILLI CHICKEN	Chicken, Lettuce, Tomato, Cress, Gel, 1 Veg	\$4.8

DRINKS

EVERYDAY

Water	300ml	\$2.0
OAK FLAVOURED MILK	300ml	\$2.4
OAK FLAVOURED MILK	500ml	\$3.8
ICE COFFEE	300ml	\$4.0
ROSE COFFEE	300ml	\$2.4
ROSE COFFEE	500ml	\$2.4
LYN WOOD	300ml	\$2.4
LYN WOOD	500ml	\$3.0
ORANGE JUICE	100% 300ml	\$3.0
ORANGE JUICE	100% 500ml	\$3.8
ALOE VERA	300ml	\$3.0
ALOE VERA	500ml	\$3.8
PINEAPPLE	300ml	\$2.4
PINEAPPLE	500ml	\$3.0
SOFT DRINK	300ml	\$2.4
SOFT DRINK	500ml	\$3.0

EFTPOS IS AVAILABLE HERE

Gregory's Service Debit / Credit Tip & Go
 Free 22 Cents Free 2.45% Free 1.14 Cents
 No Monthly No Minimum \$3.95 Fee

IMPORTANT NOTICES:

Illegal Stopping in Tasman Place

This has been reported to police who will issue penalty notices to those offending.

Illegal U Turn:

All parents and students are warned that making a U turn out of the bus bay on Rifle Range Rd is illegal. We bring this to your attention as making this turn is very unsafe, even when the 40kmh limit applies. Please **do not** make this turn.

Recharging Mobile Devices:

All students are asked to ensure that their mobile devices are fully charged before they arrive at the College each day.

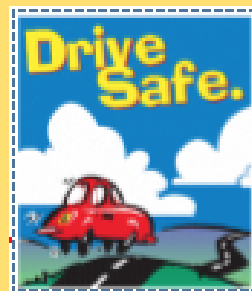
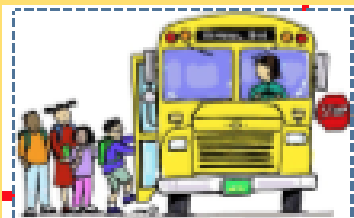


IMPORTANT NOTICE TO MOTORISTS

RE: SCHOOL BUS ZONES IN RIFLE RANGE ROAD

Please be aware that the School Bus Zones in Rifle Range Road are as follows:

1. The existing bus bay near the main car park gate is now a School Bus Zone on School Days from 8:00am-9:30am and 2:30pm-4:00pm. Therefore other than buses - any vehicle parking or stopping in this bus bay for any purpose during these times is doing so illegally. Clear signage has been erected reading "**NO ENTRY - BUSES EXCEPTED**" to warn motorists of this change.
2. The former School Bus Zone located near the Front Gate has been converted to a Full Time Bus Zone. Clear signage has been erected to warn motorists of this change. Therefore other than buses, any vehicle parking or stopping for any purpose in the School Bus Zone at any time, is doing so illegally.



IMPORTANT NOTICE FOR DROP OFF/PICK UP

For safety reasons parents are asked NOT to drive onto the school grounds to drop off or pick up students before 9:30am and after 2:30pm.

The ONLY EXCEPTION to this is for students with disabilities.

Thank you